

Herbed Potato Dices15

Number of Servings: 15 (94.15 g per serving)

Amount	Measure	Ingredient
8.00	cup	Potatoes, fresh, w/skin, diced
4 1/2	Tbs	Oil, canola
1 1/8	cup	Cheese, parmesan, grated
6.00	Tbs	Herb, basil, leaf, dried
3/4	tsp	Spice, pepper, black, ground

Nutrients per serving

Nutrition Facts			
Serving Size (94g)			
Servings Per Container			
Amount Per Serving			
Calories 140		Calories from Fat 60	
		% Daily Value*	
Total Fat 7g		11%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 10mg		3%	
Sodium 160mg		7%	
Total Carbohydrate 14g		5%	
Dietary Fiber 2g		8%	
Sugars 1g			
Protein 5g			
Vitamin A 0%		Vitamin C 25%	
Calcium 15%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Combine potatoes and oil and stir. Combine Parmesan cheese, basil, & pepper and stir in to potatoes. Place in a pan sprayed with nonstick spray. Bake, uncovered, at 400 degrees for 25-30 minutes or until tender (larger yields may take longer).

Serve 1/2 cup (#8 scoop or 4 oz spoodle) = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Wash raw vegetables before using them in food preparation.

Cooking :

- Cook to an internal temperature of 175 F or higher

Holding :

- Hold for hot service at an internal temperature of 160 F or higher.